

What is claimed is:

1. A method of training a person to remain within a predetermined area, the method comprising the steps of:

forming a safety zone comprising a signal that forms at least one

5 boundary;

attaching a sensor to the person, the sensor detecting the signal when it comes within a predetermined distance from the signal;

placing the person and the sensor within the safety zone and performing training exercises requiring the person to remain within the safety zone;

10 maintaining the sensor in a deactivated orientation when the sensor is at least the predetermined distance from the signal; and

activating an alarm when the sensor is within the predetermined distance from the signal.

15 2. The method of claim 1, wherein the step of activating the alarm occurs when the person exits the safety zone.

3. The method of claim 1, wherein the step of activating the alarm comprises sounding an audible alarm that has a noise level that can be heard by the
20 person.

4. The method of claim 1, wherein the step of forming the safety zone comprises positioning the signal at a predetermined vertical height above a floor of the safety zone.

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5. The method of claim 4, further comprising adjusting the vertical height of the signal during the training exercises.

6. The method of claim 4, further comprising positioning redirecting elements to
30 reflect the signal into additional areas to increase the safety zone.

7. The method of claim 1, wherein the signal is selected from the group consisting of optical, magnetic, capacity, radiofrequency, and ultrasonic.

8. A method of training a person, the method comprising the steps of: ~

- 5 activating an emitter to emit a signal;
 adjusting an orientation of the emitter relative to an adjuster and placing
the signal to form a first boundary of a safety zone;
 performing an training exercise within the safety zone;
 changing the position of the first boundary and adjusting the dimension of
10 the safety zone during the training exercise by adjusting the orientation of the
emitter relative to the adjuster; and
 activating an alarm when the signal is broken.

9 The method of claim 8, wherein the step of changing the position of the first
15 boundary and adjusting the dimension of the safety zone comprises vertically
moving the emitter along the adjuster.

10. The method of claim 8, further comprising placing the adjuster and the
emitter within a central section of the safety zone and rotating the emitter about
20 the adjuster to establish the first boundary of the safety zone.

11. The method of claim 8, further comprising placing the adjuster and the
emitter along an edge of the safety zone and positioning the signal to extend
across an upper vertical boundary of the safety zone.

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12. The method of claim 8, further comprising placing a sensor within the safety
zone and detecting when the sensor exits the safety zone.

13. The method of claim 8, further comprising placing a receiver a distance from
30 the emitter and receiving the signal when the person remains within the safety
zone.

14. A method of training a person comprising the steps of:

placing a sensor to a trainee;

activating an emitter to produce a signal and establish a safety zone;

5 positioning the trainee and sensor within the safety zone;

determining whether the sensor has received the signal;

activating an alarm when the sensor receives the signal indicating that the
trainee has exited the safety zone; and

10 deactivating the alarm after a predetermined time period from when the
trainee reenters into the safety zone.

15. The method of claim 14, wherein the step of deactivating the alarm
comprises stopping the alarm when the sensor no longer receives the signal.

15 16. The method of claim 14, further comprising remotely positioning the alarm
from the sensor.

17. The method of claim 14, further comprising placing a plurality of sensors on
the trainee.

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18. A method of keeping a person below a predetermined height comprising the
steps of:

setting an emitter to transmit a continuous beam at the predetermined
height;

25 attaching a receiver to the person;

placing the person under the continuous beam and performing training
exercises; and

transmitting an alarm when the receiver is positioned above the
predetermined height.

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19. The method of claim 18, further comprising silencing the alarm when the receiver goes back below the predetermined height.

20. The method of claim 18, further comprising placing a plurality of receivers on
5 the person.